



UNITED WORLD  
**WRESTLING**

INTERNATIONAL RULES  
FOR AGONISTIC EVENTS  
OF *PANKRATION*

*New version April 2019*

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# PANKRATION ATHLIMA

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## GENERAL RULES

### Art. 1 – Mission Statement

*Pankration* is a mixed martial art world heritage, with a unique distinction of being the only martial art/sport in existence today that can legitimately trace its roots to the ancient Olympics from 7th BC to 7th AD.

The World *Pankration* Athlima and *Pankration* Committee (WPAC) were created under the authority of UWW to foster the physical and mental wellbeing of individuals engaging in the discipline of *Pankration*. The World *Pankration* Committee's goal is to make *Pankration* an exciting and spectator friendly sport and to rule its practice on a worldwide level in order to ultimately gain Olympic status. In accordance with the general philosophy of sport, the *pankratiasts* are required to honour the values of sportsmanship and fair play and they shall never intentionally injure a fellow sportsman in competition.

The *Pankration* was founded for war needs, and the soldiers trained with *Pankration*, were unbeatable with and without weapons. Nowadays, *Pankration* is a combination (wrestling, kicking and punching) fighting art/sport and an activity in which its athletes can use their hands, feet and body to win a point *agon* (match). The *Palaesmata* and *Polydamas* are demonstrative events and are part of *Pankration* Athlima. All federations of *Pankration*, under the UWW control, have a responsibility to transmit *Pankration* to the future generations, without changing its structure. The greatest hope is to see *Pankration* again at modern Olympics.

### Art. 2 – Objectives

Based on the UWW Constitution and various regulations, the international rules set forth in the present document constitute the frame work within which the sport of *Pankration* is conducted and promoted and have as their specific objectives to:

- Define and specify the practical and technical conditions under which a match is to take place
- Determine the value to be assigned to actions and holds
- List the situations and prohibitions
- Determine the technical duties of the *hellanodekes* body
- Establish the competition system, classification, technical points, penalties, eliminations, etc.

### Art. 3 – Application of the Rules and UWW Licence

The rules defined in the present document shall be in effect for all UWW sanctioned events in order to ensure optimal safety of the athletes and a healthy growth of the discipline.

The UWW licence is mandatory for every international *Pankration* competition with more than two participating countries. Every international competition must be reported to UWW and added to its official calendar. The UWW insurance will only apply to competitions that appear in the UWW calendar.

### Art. 4 – Anti-Doping and Sanitary Conditions

All athletes participating in UWW sanctioned events agree to submit themselves to the UWW Anti-Doping Regulations and to the World Anti-Doping Code.

Besides, athletes knowingly infected with the HIV/HBV virus are prohibited from participating in *Pankration* competitions. Medical staff knowingly infected with the same virus is prohibited from administering healthcare to bleeding *pankratiasts*.

### Art. 5 – Weight Loss

As far as weight reduction on the competition site is concerned, UWW has adopted the following rules: the practice of dehydration or excessive caloric restriction, the use of diuretics, emetics, laxatives, and self-induced vomiting are prohibited by UWW. *Pankratiasts* under 18 are prohibited from the on-site use of saunas/steam rooms or vapour-impermeable suits.

## COMPETITION PROCEDURE

### Art. 6 – Competition System

The competition system follows the system adopted by UWW for the Olympic competitions based on direct elimination. Pairing is made in order of the numbers drawn. If the number of *pankratiasts* is not ideal (i.e. 4, 8, 16, 32, 64, etc.), some qualification matches will take place from the bottom of the brackets. The *pankratiasts* winning matches continue in the brackets until two undefeated *pankratiasts* remain. They will dispute the final for the gold and silver medal.

In case a category counts less than 6 competitors, the competition will follow the “Nordic system” with each competitor fighting each competitor. The ranking will be made according to the number of victories. In case of a tie, the classification points will part the *pankratiasts* and if they are still equal, the winner of their direct fight will be ranked before the other one. It is the responsibility of the members of the Committee (at last two of them) and the Technical Director (further TD) to decide which one of the above systems will be applied in a current event, according the number of the participants.

### Art. 7 – Medical Examination and Uniform Check

Separate male and female rooms or times shall be provided for medical examination. Athletes shall wear shorts or underwear. The medical staff shall examine them for skin infections and medical conditions such as cuts or contagious diseases. Medical staff has full authority to decide whether athletes are suitable for competition or not.

### Art. 8 – Weigh-In

Weigh-in shall be conducted the day before the competition in a restricted area near or in the competition site. Its access shall be limited to competitors, *proponetes* (coaches), *hellanodekes* and official weigh-in staff. No competitor shall be accepted at the weigh-in if he/she has not undergone the medical examination within the time period stipulated in the programme of the competition concerned. The athlete or the *proponetes* (coach) before the weight in must show a) UWW license; b) passport; c) international medical certificate.

### Art. 9 – Drawing of Lots

The pair of athletes will be made by computer

## MATERIAL STRUCTURE

### Art. 10 – Age and Weight Divisions

All athletes must provide an official document proving their age and identity. Any athlete found competing in an age category lower than his/her UWW designated age category shall be automatically disqualified from the immediate competition. The athletes in all categories can participate in the exact upper kilo and age category <sup>\*\*\*</sup> Every athlete has the right for only one registration per age and kilo category.

#### Schoolboys/girls: 14-15 years old

- Boys: 45, 50, 55, 60, 65, 70, +70kg.
- Girls: 40, 45, 50, 55, 60, +60kg.

#### Cadets: 16-17 years old

- Men: 50, 55, 60, 65, 70, 75, +75kg.
- Women: 45, 50, 55, 60, 65, 70, +70kg.

#### Juniors: 18-19 years old

- Men: 60, 66, 71, 77, 84, 92, 100, +100 kg.
- Women: 50, 53, 57, 61, 65, 70, 75, +75kg:

#### Seniors: 20-35 years old

- Men: 60, 66, 71, 77, 84, 92, 100, +100 kg.
- Women: 50, 53, 57, 61, 65, 70, 75, +75kg

#### Veterans: 36-45 years old

- Men: 60, 66, 71, 77, 84, 92, 100, +100 kg.
- Women: 50, 53, 57, 61, 65, 70, 75, +75kg.

\*Pankratiasts in the Veterans age category A 36-40 can compete in the exact lower age category of Seniors 20-35 upon presentation of a medical consent. Pankratiasts in the Veterans age category B 36-45 can compete in the exact lower age category of Veterans A 36-40 but not in seniors age category. This category can be divided into two categories Veterans A 36 - 40 and Veterans B 41-45 years, only when at least 3 athletes are in each weight category. In situations of unification of both Veterans categories (A+B) no further changing in lower age category is accepted.

\*\* All Kilo Categories can be unified upon decision of the Committee members (at least two of them) and the T.D. according the number of participants.

#### **Art. 11 – Athletes' *Endyma* (Uniform) and Appearance**

*Pankratiasts* appear on the edge of the *palaestra* wearing the *Endyma* and the approved by WPAC protection gear.

##### ***Endyma:***

The *endyma* is composed of a large jacket with sleeves to the elbow and pants extending to the ankles. A meander stripe shall appear around the jacket's neckline and on the outer side of the pants. The first *pankratiast* called shall wear a white *endyma* and the second *pankratiast* called shall wear a blue *endyma*. Female *pankratiasts* are also allowed to wear a white t-shirt under their shirt.

On the back is located a piece of white cloth, L.30 cm x H.25 cm. In the upper part it says the athlete's name in the lower part there are three letters that indicate their nation.

##### **Protection gear:**

*Pankratiasts* (*Athlima*) can use WPAC approved gloves of 4 ounces and shin protectors, a groin guard and an optional mouth guard. Female *pankratiasts* are also allowed to wear a chest protector. Athletes with blue *endyma* will use blue colour gloves and white gloves the athletes with the white *endyma*. The 4 ounces gloves of *Pankration Athlima* are used only in *Pankration Athlima*. Athletes may decide to use protection gear in *Polydamas* and *Palaesmata*.

##### **Country's abbreviation:**

For all Continental and World Championships, the *pankratiasts* shall wear the official abbreviation of their country's name on the back of their competition rush guard of *Pankration* or jacket of *Pankration Athlima*.

##### **Advertising on clothing:**

*Pankratiasts* may wear sponsors' names or symbols on their competition uniforms as long as they don't interfere with the identification of the uniforms' colour and country's abbreviation.

##### **Appearance and hygiene:**

*Endyma* shall be clean, generally dry and free from any unpleasant odour. *Pankratiasts* are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor's orders.

*Pankratiasts* are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc. *Pankratiasts'* fingers and toe nails shall be neatly trimmed with no sharp edges. If an athlete's hair is longer than shoulder length, the athlete shall wear an athletic hair cover. *Pankratiasts* shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.

At medical examination, an UWW *hellanodekes* shall check that all competitors satisfy the requirements of this sport/art. The athletes must be warned that if their appearance or uniform are not correct, they will not be allowed to enter the competition. If a *pankratiast* enters the *palaestra* with an appearance that does not conform to the present regulations, he/she will be given 2 minutes to change it otherwise he/she will lose the match by forfeit.

#### **Art. 12 – Competition Area**

The competition area in *Pankration* is called **PALAESTRA**. For all UWW sanctioned events, UWW approved 10x10 or 12x12 mats containing an 8 to 10 meter circle shall be used. The centre of the *palaestra* shall contain a 1 to 3-meter circle that will serve as a starting point for the *pankratiasts*. The mat covers can be either white or blue or in the official Olympic wrestling colours.

#### **Art. 13 – Medical Service**

The organizer of a UWW event is responsible for providing medical service. The medical staff will be under the authority of the UWW doctor in charge and will be responsible for conducting all medical examinations as well as giving medical surveillance during the entire event. During the competition, the doctor intervenes only if called by the central *hellanodekes*, the medical staff shall be ready to intervene in the event of an accident or injury and decide whether a *pankratiast* is fit to continue the *agon* (match).

A *pankratiast* shall not leave the *palaestra* in the event of a serious injury. In such case, the *hellanodekes* shall immediately stop the match and ask the Head medical officer to examine the *pankratiast* on the *palaestra*.



#### **Art. 14 – Composition**

The *Hellanodikia* (refereeing) body for each *agon* (match) will consist of one *palaestra* President, one central *hellanodekes* and two side *hellanodekes*. The central *hellanodekes* shall stand on the centre circle of the *palaestra* facing the table staff, while the two side *hellanodekes* stand facing each other on each side of the *palaestra*. At major competitions, the members of the *hellanodekes* body shall in no case be of the same nationality or officiate in matches involving compatriot *pankratiasts*.

#### **Art. 15 – Endyma (Uniform)**

The *hellanodekeia* body shall wear a red *Endyma* and white sports shoes. The *hellanodekeia* body shall wear a blue band on their left wrist and a white band on their right wrist. The side *hellanodekes* shall hold a white small flag right hand and a blue small flag in their left hand. In addition, the central *hellanodekes* shall wear surgical gloves.

#### **Art. 16 – General Duties**

The *hellanodekeia* body shall perform all the duties set forth in the regulations governing *Pankration* competitions and in any special provision that might be established for the organization of a particular competition. The central *hellanodekes* and side *hellanodekes* are required to use the basic UWW terminology and signals appropriate to their respective roles when conducting the matches. Besides, they are forbidden to speak to anyone during the match, except amongst themselves when they must consult so as to perform their tasks properly.

The *hellanodekeia* body is responsible for checking the good condition of the *palaestra* and the area around it (notably the proper positioning the side *hellanodekes* and corners' chairs). It is also expected to know the sound of the gongs used at each *palaestra* and check that the table staffs is properly performing its duty. The *hellanodekes* body shall have a strong understanding and experience of the fighting sports/arts and be able to immediately assess the impact of any type of strikes and stop action if necessary to further ensure the athletes' protection.

#### **Art. 17 – The Central Hellanodekes**

The *Hellanodekes* will be with his face towards the Secretariate Table, and give the points and infringements carried out by athletes. Therefore, the blue athlete will be to the left of the central *hellanodekes*, and the white athlete will be to his right. The central *hellanodekes* will have two colored wrist bands indicating the athlete's color, to assign the score. The central *hellanodekes* shall consider the report of the side *hellanodekes*, if both are in disagreement with his opinion.

The central *hellanodekes* is responsible for the orderly conduct of the *agones* (matches) that he/she shall direct according to the official UWW rules. He/she shall command the respect of the contestants and exercise full authority over them so that they immediately obey his/her orders and instructions. Similarly, the central *hellanodekes* shall conduct the matches without tolerating any irregular and outside interventions. The central *hellanodekes* main duty consists in starting and interrupting the matches, imposing the penalties awarding all points and declaring the legitimate winners. The *Hellanodekes* can use a whistle for their activity in the *palaestra*.

The verbal commands used by the central *hellanodekes* during the match shall be made in accordance with the International Rules. Any time the action has to be interrupted; the central *hellanodekes* shall commend "*Pafsasthae*" (Stop) and separate the *pankratiasts* by touching them. Central *hellanodekes* specific duties:

- Shake the *pankratiasts*' hand when they enter the *palaestra* and before they leave it.
- Inspect the *pankratiasts*' competition uniform and protection gear and require them to change them within 2 minutes in case they are not compliant with the present Regulations.
- Not get too close to the *pankratiasts* at the standing position, but stay close if they are on ground position.
- Not obstruct the side *hellanodekes* view by standing so close to the *pankratiasts* (particularly if a submission appears imminent).
- Not turn their back to the *pankratiasts* at any point and risk to lose control over the situation.
- Verbally stimulate a passive *pankratiast* without interrupting the *agon*.
- Ensure that the *pankratiasts* do not rest during the match on the pretence of wiping their bodies, blowing their nose, feigning injury, etc.
- Break action and uphold penalties for violations of the rules or brutality.
- Break action and make the athletes change uniform in case it is torn (the *pankratiasts* will have maximum 1 minute each time they are requested to change *endyma*).
- Be ready to stop the *pankratiasts* who approach the edge of the *palaestra*.
- Break action and bring the *pankratiasts* back into starting position when the action goes out of bounds (i.e., when no body part of either *pankratiast* is touching the competition area or when any body part of either *pankratiast* is out of the protection area).
- Stop the match in case of injury and make the medical staff intervene.

- Stop the match after a *pankratiast* has signalled submission either physically (by a tap) or verbally. The *hellanodekes* shall also put a hand on each competitor to further ensure the *pankratiasts*' safety.
- Stop the match at exactly the right time when necessary.
- Ensure that the *pankratiasts* remain on the mat until the result of the *agon* is announced.
- Proclaim the winner (by raising the winner's hand) after agreement with the *palaestra* president.

#### **Art. 18 – The Side Hellanodekes**

The two side *hellanodekess*, will be standing along side their assigned. They will have two flags in hand, and will report their views only when they disagree with the central *hellanodekes*. If the central *hellanodekes* does not see the reporting of side *hellanodekess* they can get noticed waving flags, or whistling. The central *hellanodekes* shall stop the fight and listen to the views of the side *hellanodekess*.

#### **Also must:**

- Control and supervise the *palaestra* and the area around it (notably to make sure that there are no unauthorized persons except the *proponetes* near the *palaestra*).
- Move along their side of the *palaestra* to constantly maximize the visibility of the *pankratiasts* in action.

**Note:** When there are too many signals, it brings confusion and consequential mistakes by the personnel involved to write the points to the Secretariat Table. For this reason the Chief Secretariat, will only consider the reports made by the central *hellanodekes*. The side *hellanodekess* wave the flag when they disagree with the central *hellanodekes*, so that the central *hellanodekes* be in aware of the difference of opinion and forced to reconsider the result.

#### **Art. 19 – The Secretariat Chief**

The Secretariat Chiefs sit at the Secretariat Table and supervises the work of the central *hellanodekes*, the side *hellanodekes*, and table staff appointed to each *agon*. The Secretariat Chief will consider the points and the reported actions, given only by the central *Hellanodekes*.

#### **Secretariat Chief Duties:**

- Control and supervise the *palaestra* and the area around it.
- Confirm the penalties to the scorekeeper.
- Interrupt the *agon* by throwing a sponge onto the *palaestra* to call the central *hellanodekes* and the side *hellanodekes* to the table in case a consultation is needed.
- Give the final scoring in case a video review is requested.
- Confirm the winner to the central *hellanodekes* so that he can raise the winner's hand.
- Declare overtime in case of a tie in points.
- Report the points onto the score sheet and sign it.
- The Secretariat Chief is the person responsible for (the competition papers) smooth running of the competition, supervises the work of the *hellanodekes* on the *palaestra* and in a case of disputing has the final word.

#### **- The Palaestra Chairman**

The *Palaestra* Chairman supervises the work of the *Hellanodekes* on the *palaestra(s)* and in a case of disputations has the final word. She/he is appointed from WPAC/UWW before any agonistic event of Pankration.

## **THE AGON (MATCH)**

#### **Art. 20 – Duration of the Agones (matches)**

- Schoolboys/girls last 3 minutes.
- Cadet Junior and Veteran last 4 minutes.
- Senior last 5 minutes.
- *Polydamas* and *Palaesmata* demos last 2 minutes maximum.

#### **Art. 21 – Call and Start of the Agones (Matches)**

Both *pankratiasts*' names shall be called in a loud clear voice to the *palaestra*. *Pankratiasts* shall be called 3 times with at least a 30 second time interval between each call. If after the third call a *pankratiast* has not checked in at the *palaestra*, he/she shall lose the match by forfeit.

When their name has been called, the *pankratiasts* shall stand in the side corresponding to their assigned colour and wait for the central *hellanodekes* to call them to his/her side. The central *hellanodekes* shall inspect their *endyma* and protection gear and give them 2 minutes to change them in case they are not compliant with the present regulations. In case an athlete does not come back to the *palaestra* with a satisfactory *endyma* or protection gear after 2 minutes, he/she shall lose the match by forfeit. After completing the inspection of the athletes, the central *hellanodekes* orders "**AETEME**" (Ready), the athletes are standing one in front of the other, with the tense arms and



with punches closed, and the athlete brings their right fist, to their right temple, pronounced "**ERROSO**" (the same greeting will run also at the end of the fight). The *agon* starts when the *hellanodekes* announces "**ARXASTHAE**" (Action) while, to stop fighting the central *hellanodekes* announces "**PAFSASTHAE**" (Stop).

**Art. 22 – Standing Neutral Position**

The standing neutral position is ordered at the beginning of the *agones* (matches) and after every interruption. Both *pankratiasts* stand opposite one another, fists down, with the central circle between them and wait for the *hellanodekes* to order "**AETEME**" (Ready) to take fighting stance.

**Art. 23 – Level of Contact and Targets**

Punches and kicks to the body are allowed only with semi-contact. Attacks on the following areas of the body are prohibited:

➤ Neck	➤ Kidneys
➤ Throat	➤ Along the spine
➤ Knees	➤ Groin
➤ Joints	

**Art. 24 – Scoring for Actions**

**1-point techniques**

- Valid punch to the body (standing or on the ground), the punches to the head, should have a total control;
- Valid inside or outside kick to the thigh;
- Valid knee to the body (on the ground);
- Valid elbow to the body or head (only with the side part of the elbow standing or on the ground, it's forbidden the use the bone of the elbow.);

**2-point techniques**

- Valid kick to the body (standing);
- Valid knees to the body (standing or on the ground)
- *Rassen* (Throws) standing at the pelvis and at the ground (with the torso erect) with the adversary that rotate over the shoulder.

**3-point technique**

- Valid kick in the head with control (from standing position);
- *Rassen* (Throw) from standing position (with the opponent passing over the thrower's body and falling onto the back or sides).When this happen from a knee position, valid 2 points.

**Notes: decision for the evaluation of techniques**

- The score, can be assigned only by the central *hellanodekes* with his/her decision, or if is indicated by 2 side *hellanodekes*.
- Simultaneous strikes or *rassen*, score no points.
- Any technique initiated inside the limits of the *palaestra*, but landing out of it will be considered valid and be awarded with the corresponding points. In contrast, any attack initiated once both athletes are out of *palaestra* will result in a penalty for the attacker.
- Any technique initiated at the gong will be considered valid and awarded with the corresponding points.
- Any attack initiated after the gong has rung will result in a penalty for the attacker.
- A *rassen* is worthy evaluation, when the athlete is being thrown on its back or side, touching the *palaestra* with the entire body. In the absence of the necessary impact, between the athlete and the *palaestra*, is to be considered as rollings (standing or on the ground), and are not worthy of scoring.
- The strangulations can be made with the forearms, with the help of the collar of jacket, or with the assist of legs.
- A technique that begins in the limits of the competition area, but ends outside the *palaestra* area, is considered valid. Contrary, any techniques started outside the *palaestra* result a penalty.

**The characteristics that render a valid *rassen* (throw) technique:**

- Imbalance (break or deform the natural –standing- position).
- Preparation for implementation (“opening” the opponent's position).
- *Rassen* (conclusive act of the throw after the imbalance and the entry).

**The characteristicsthat make a validStriking technique:**

- Ballance; (controlled positions)
- Distance(exact distance from the target);

- Speed (fast execution);
- Control (eliminate any injury);
- Return-reset, (leg or arm, after the attack);

#### **Art. 25 *Kato pankration* (down –ground- *Pankration*)**

For other categories of athletes **Schoolboys, Cadets, Junior and Senior** no score is appointed when holding-controlling is applied to the opponent. On the ground can strike punches and knee to the opponent with scrutiny. If the central *hellanodekes*, sees a static situation shall stop the match and will order the athletes to move in the initial position. We allow time limit 20” seconds in any submission, except the cases of “*apagorefsis*” (taping-forbidden).

#### **Art. 26 – Injury and Blood Time**

In the event of a *Pankratiast* injured or bleeding, the medical staff shall immediately intervene. Proper cleaning utensils and disinfectant solutions must be readily available to them at the *palaestra* table. It is the Head medical officer's duty to determine whether the bleeding has been effectively stopped and whether the athlete may resume fighting or not. In any case, a maximum of 4 min will be allowed for each *Pankratiast* for the entire duration of the bout to be treated for a bleeding injury.

If the central *hellanodekes* deems that *pankratiast* is pretending injury to avoid submission and/or action, he/she may disqualify the athlete at fault. Similarly, if an injury occurs as a result of an illegal move, the central *hellanodekes* shall sanction or can disqualify the *pankratiast* at fault.

In the event of the two *pankratiasts* being simultaneously injured and incapable to continue the match, the victory is granted to the one who scored the highest number of points. If the score is tied, the *hellanodekes* body shall consult and vote to determine the more active athlete.

#### **Art.27 – Interruptions of the *Agon***

If for any reason the *agon* must be interrupted (injury/blood time, *hellanodekes* consultation, etc.), *pankratiasts* shall stand in their starting position facing the centre of the *palaestra*, without talking to anyone, receiving liquids as long they're waiting the central *hellanodekes* to call them to the centre of the *palaestra* to resume fight.

#### **Art. 28 – Decision Criteria**

a) The central *hellanodekes* have full authority to stop the match if they deem that an athlete is in imminent danger of serious injury or can no longer withstand a strike, kick, submission lock or choke, even if the said athlete did not declare “*apagorefsis*” (submit or tap). The athletes' security shall prevail at all times. When a *pankratiast* abandons the fight, either verbally or by *apagorefsis* –tapping- on the *palaestra* or on the opponent's body with a hand or foot, the opponent is automatically declared winner, no matter the amount of points accumulated or the time of the *agon*. If, at the end of time neither of the situations described above occurred, the *pankratiast* who acquired the highest number of points shall be the winner.

b) **Technical Superiority.** If an athlete scored a 10 - point advantage over his/her opponent, the central *hellanodekes* shall stop the match and declare victory by “technical superiority”

c) In cases of tie by points, the winner will be declared considering the followings:

- The technique with the highest valued points;
- The lowest points/cautions of penalties;
- The *hellanodekes* decision on fighting superiority;

#### **Art. 30 – Protest and Challenge**

A video review can be called for during the match if the Head Referee sees that a blatant refereeing mistake has been made, but the result of a match may under no circumstances be modified after victory has been declared on the *Palaestra*. The organizers must be prepared to a video recording of the competitions to give the possibility to *hellanodekes* the control of any complaints. Such dispute may be made only during fighting. The *proponetes* (coaches) who intend to his dispute must immediately after the *Hellanodekes* has awarded the points, throw a sponge and remain seated. Therefore, Secretariat Chief and the *Hellanodekes* interrupts the *agon* (match) as soon ends the current action. If the athlete does not agree with the decision of his coach, the *agon* continues. If the athlete accepts the coach's claims, the *hellanodekes* body observe to the video recordings. If the body accepts the dispute then the *hellanodekes* will re-evaluated the score, but if the dispute is not confirmed the arbitration decision, the athlete loses the claims and are opponent is awarded with 3 points.

However, the result of an *agon*, in no case can be changed after the victory is appointed.

The final decision of the head *hellanodekes* is acceptable by all and in all cases.

**Note: The dispute can only be requested in action (fighting) and for technical issues. It cannot be by the coaches or Athletes judgment on the appeals, liabilities, or illegal actions.**

### Art. 31 – Match Classification Points

The classification points that athletes receive for fighting (for each weight category), will be used to determine the final ranking of their federation.

- 1<sup>st</sup> place = 10 points
- 2<sup>nd</sup> place = 08 points
- 3<sup>rd</sup> place = 06 points

## TECHNICAL INFRACTIONS

### Art. 32 – Passivity

It is the *pankratiasts* duty to maintain action by being continuously active with punching and kicking, wrestling and/or improving position to submit the opponent, while making honest attempts to keep actions under control.

When the central *hellanodekes* notices that *pankratiasts* are exhibiting passivity or stalling, he/she shall attempt to stimulate them by verbal commands (“Blue/White Open” or “Blue/White Action”) without interrupting the *agon*. If an athlete continues to remain passive after the verbal commands have been issued, the central *hellanodekes* shall indicate the passive *pankratiast* by raising the correct hand with the colour band and give him/her a caution. Every caution must be written on the score sheet.

The first warning for passivity is verbal and results no consequences, the following cautions award 1 point to the opponent up to the third caution which results in the disqualification of the passive fighter: 1<sup>st</sup>Warning→**ANTATHLETIC**= 1 Point; 2<sup>nd</sup> Warning→**ANTATHLETIC**= 1 Point; 3<sup>rd</sup> Warning→ **ANTATHLETIC**= Disqualification.

#### Passivity includes:

- Delaying action by communicating with *proponetes*-corner
- Exiting the *palaestra* without permission
- Taking too much time to come back to the centre of the *palaestra* for restart
- Misusing timeouts
- Fleeing the *palaestra*. Out of bounds is considered when no body part of either *Pankratiast* is touching the competition area or when any body part of either *Pankratiast* is out of the protection area.
- Fleeing the position to avoid stand up or ground fighting
- Turning one’s back to the opponent in order to avoid a strike
- False start (i.e., start fighting before the *hellanodekes* command)

### Art. 33 – Illegal Actions and Holds

All offenses fall under the central *hellanodekes* authority. If a *Pankratiast* violates the UWW Code of Ethics in a blatant and unsportsmanlike manner, the central *hellanodekes* shall disqualify him/her from the *agon* or from the competition. Every violator shall be reported for membership review. Each offense results in 1 point awarded to the opponent, up to the third offense which leads to disqualification. 1st **ANTATHLETIC**→ 1 Point; 2nd **ANTATHLETIC**→ 1 Point; 3rd **ANTATHLETIC**→ Disqualification

If a *pankratiast* is injured by an illegal action and cannot continue the *agon*, the athlete who caused the injury shall be disqualified.

#### Illegal actions include:

- Strikes to the head, neck, throat, spine, kidneys, neck, joints, groin, and knees and below.
- Uncontrolled Kicks to an opponent on the ground;
- Making levers to the spine, pressure to the genitals;
- Intentional efforts for breaking bones or joints (i.e. not giving the opponent's enough time to tap in submission situations);
- Head butts, malicious cross faces
- Biting, Scratching, Spiting
- Put your fingers in sensitive parts of the body (eyes, ears, nose, genitals)
- Pulling of hair, nose, ears, or attacking the groin
- Uncontrolled *rassen* (i.e., standing throws onto the head or neck and landing onto the thrower's knee)

- Beat the opponent on the ground (or fall on the opponent) to avoid a lock or strangulation or if the opponent is enfolding the body with legs.
- Combination of joint locks and *rassen*
- Use of the fingers for throat/trachea choking techniques
- Twist or Stomp the head or neck, knees and elbows.
- We do not use the neck of our opponent to throw on the ground or fall yourself to avoid holds and/or controls, or overturning.
- Twisting fingers.
- Crucifix, Full-Nelson, Can opener.
- Holding less than 4 toes or fingers.
- Coating the skin with any kind of substance or using gauzes or any kind of protective materials without the authorization of the Head medical officer and in agreement with the *hellanodekes*.
- Argument/insults towards anybody present in the competition hall.
- Indifference of one's safety by not protecting oneself.
- Put your hands in the face during the fight on the ground or standing.
- Pushing or pulling the head from the opponent's backwards in standing or on the ground position.
- The axe kicks (top-down kick, hitting with the heel).

**Note: Any illegal action or exit from the competition area performed to prevent the opponent from completing a submission by leverage or strangulation will result in an immediate sanction until disqualification after consultation with the peripheral *hellanodekes*.**

#### **Art. 34 – Ejection Procedures (ethical code)**

The UWW Code of Ethics is strongly condemns any form of brutality, violence or harassment on the competition site. If an athlete, *proponetes* (coach) or spectator goes beyond acceptable behaviour in his/her words, gestures, or actions, it is the central *hellanodekes* responsibility to judge if that behaviour is deemed as a conduct violation. Once the central *hellanodekes* have declared the behaviour to be a violation, they shall issue the first warning to the individual at fault as a warning prior to being ejected. The first warning will deduct 1 classification point to the team the individual is representing. If the violation continues, the responsible for the violation will be ejected from the competition. The expulsion will cause 2 classification points to the team. If the central *hellanodekes* feel that the behaviour goes well beyond the normal violation, they may skip the first warning and can directly eject the responsible for the action.

#### **Examples of conduct violations:**

- Cursing during the *agon*-championship
- Being aggressive towards the *hellanodekes*
- Threatening the *hellanodekes*
- Physical contact with the *hellanodekes*
- Gestures and shouts of the *proponetes* (coach)
- Throwing objects
- Arguing and interrupting the *agon*
- Refusing to stay on the *palaestra* for the winner's declaration

## **POLYDAMAS**

*Polydamas* is a demo team event in memory of the ancient Olympic winner *Polydamas* from Skotoussa in Thessaly Greece who naked and unarmed annihilated three armed soldiers called the immortals, of the Persian King Dario's. That exploit was achieved at the end of the 6<sup>th</sup> century B.C. in his palace courtyard in Sousa.

#### **Art. 35 – Participation**

All the athletes of ages 18 years old and above can participate in *Polydamas*. The teams are composed of three attackers and one defender and can be male or female (depend of the central athlete-*Polydamas*-). The number of participating teams will be evaluated each time by the proclamation.

#### Art. 36 – Program

The *Polydamas* presentation cannot exceed 2 minutes time limit. The athletes can present wrestling and striking techniques of their choice, but each program shall at least include 6 combinations. During *Polydamas* event you can perform techniques prohibited in the fighting.

The following types of attacks shall be included in each program:

- An attack from above with a vertical blow coming down to the head.
- An attack starting from the right side of the attacker with a parallel direction to the left side of the defender, independent of the height of the attack.
- An attack starting from the left side of the attacker with a parallel direction to the right side of the defender, independent of the height of the attack.
- Frontal attack, independent of the height of the attack.
- The weapons that shall be used by the attackers are as follows:
- A bat made of wood about 2cm thick and 50-60cm long.
- A dagger made of wood or elastic material about 1-2cm thick and 20cm long.
- A lance made of wood 2cm thick and 185cm long.

#### Art. 37 – Evaluation

The *hellanodekes* body is composed of a central *hellanodekes* as President sitting in front of the Secretariat Table and one *hellanodekes* sitting in the middle of each side of the *palaestra*. It evaluates the performance of each team according to the following criteria:

- Dynamic application of the combinations.
- Correct timing of defence and attack moves.
- Appropriate distance of influence.
- Continuous tension, attention, dynamic stance and fighting position, concentration before and after the application of the combinations.
- Neutralization of each attacker at the last combination.
- Variety of application in techniques and combinations.

The event of *Palaesmata* (wrestling with striking) highlights the historical side of *Pankration* reflecting the training procedures that was carried out in all ancient Hellenic gymnasiums. The *Palaesmata* competitions show the quality and knowledge of technical level of the athlete's, it represents, the training which has been subjected during workouts.

### **Art. 38 – Participation**

Any athlete above 6 years old can participate in the *Palaesmata*. The teams are composed of two *pankratiasts*, either of the same gender. During the *Palaesmata* you can perform techniques prohibited in the fighting. The number of participating teams will be evaluated each time by the proclamation.

### **Art. 39 – Program**

The *Palaesmata* program cannot exceed 2 minutes. The athletes can present the techniques of their choice, but each presentation shall include combinations of standing and -down- *Kato Pankration*.

The attacking program must show realistic forms of attacks which could occur outside of the limits of the rules (outside the *palaestra* and in a situation of panic). Under such circumstances, the athletes' defence mechanisms function so as they can reach the level to be characterized as "**Pammahos**" (total-ultimate-complete fighter). The end of the *Palaesmata* will always be executed either with a final strike or with the abandon of one *pankratiast*. Under no circumstances may cause any injuries, visible or not. *Palaesmata* must show a clear and definite picture of *Pankration*. Therefore, theatrical moves of no substance are not graded, because this event should not sacrifice the quality for to promote the spectacle.

### **Art. 40 – Evaluation**

The *hellanodekes* body is composed of one central *hellanodekes* sitting ahead at the secretariat table and three *hellanodekes* sitting in the middle of each side of the *palaestra*. It evaluates the performance of each team according to the following criteria:

- Dynamic application of the combinations.
- Correct timing of defence and attacking moves.
- Appropriate distance of influence.
- Continuous tension, attention, dynamic stance and fighting position, concentration before and after the application of the combinations.
- Neutralization of attacker at the last combination.
- Variety of application in techniques and combinations.

## **SCORING SYSTEM FOR POLYDAMAS & PALAESMATA**

In *Polydamas* and *Palaesmata* events, the scores are displayed with square cards that are, at the central *hellanodekes* first whistle, simultaneously lifted by the *hellanodekes* and turned towards the central *hellanodekes*. The scores shall then be announced and turned towards the spectators. At the *hellanodekes*' second whistle, all cards will be lowered.

The scoring ranges from 0 to 9 points. In case a program exceeds the regulatory 2 minutes or if a *pankratiast* goes out of the *palaestra* area, the team will lose 0.2 points every time this happens. Going out of bounds to recover a weapon is not considered a penalty.

After registration, of the points assigned by the *hellanodekes*, the President central *hellanodekes* cycling the highest and the lowest score, and adds the sum of two remaining scores.

The teams will then be ranked in descending order according to their average scores. In the event of a tied score between teams, the ranking shall be determined as follows:

- in case of parity is added the lowest score eliminated,
- in case of parity is added the highest score eliminated.

If a score is still tied after the above criteria have been examined, the two equal teams shall compete again for a new demonstration with a new team of *hellanodekes* on the *palaestra*.

The score obtained in *Palaesmata* and *Polydamas* is used to determine a final classification.

- 1<sup>st</sup> place = 10 points
- 2<sup>nd</sup> place = 8 points
- 3<sup>rd</sup> place = 6 points

The score obtained in the final classification of *Palaesmata* and *Polydamas*, will be added to the score of the final classification of the fights, to form a single final classification.

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# **PANKRATION**

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### **Art. 41–The General Normes**



*Pankration* is defined by a fight among two athletes aged 18+years old, which aim to win against the opponent through the points awarded, from the techniques of punches and kicks obtaining the knockout in accordance with the present Regulation. In *Pankration* applied the same norms and rules of *Pankration Athlima*, with the exception of the following articles.

**Art. 42 – Appearance**

During the fight of *Pankration* competitors must wear black shorts and blue or white T-shirt, without writings or sponsors. The only permitted written is that of *Pankration*. The *hellanodekes* must wear the red *Endyma*.

**Art. 43– Protection Gear**

Athletes may use the same protection of *Pankration Athlima* except the gloves, which should be 7 ounces with open fingers. It's compulsory to wear the black helmet with plastic grille to protect the face. Athletes with blue dressing will use blue colour gloves and white gloves the athletes with the white dressing. The 7 ounces gloves of *Pankration* can be also used in both agonistics, *Pankration* and *Pankration Athlima*.

**Art. 44 – Scores**

The scores areas in which are carried out the technical and restricted areas, are equal to the Regulation of *Pankration Athlima* Art. 25,26 and 35.

If during the *agones* –matches- one of the athletes falls to the ground after a strike (kick or punch), he/she will be counted up to 8, the other athlete will be awarded 4 points. If it happens a second time will still counted once again up to 8, the other athlete will be awarded again 4 points. If it happens a third time, the athlete will automatically lose the *agon*. If the athlete within the count does not prove he/she is able to fight, the *hellanodekes* continues to count up to 10 and automatically declares him/her as a loser.

**Art. 45 – Locks**

In *kato Pankration* (ground fighting) are inforce the same rules of *Pankration Athlima*. No points shall be granted for blockages. All punches, knees, levers and strangulations must be carried out in a maximum of 20 seconds.

## FINAL PROVISIONS

The *Pankration Athlima* and *Pankration* competitions will form two separate final rankings. Athletes and countries will be rewarded separately.

The present Rules were approved by UWW and can be modified at any time if slight improvements are deemed necessary.

In case of a dispute regarding their interpretation and application, it is specified that the English version prevails.

## GLOSSARY

### ΠΑΓΚΡΑΤΙΟΝ - *PANKRATIION*

From the Hellenic words Pan and Kratos meaning, the one who has the whole authority, which controls everything, the governor! Metaphorically means the strongest one.

### ΑΝΩ ΠΑΓΚΡΑΤΙΟΝ (ΟΡΘΟΣΤΑΔΗΝ) - *ANO PANKRATIION (ORTHOSTADEN)*

Standing Pankration

### ΚΑΤΩ ΠΑΓΚΡΑΤΙΟΝ (ΚΥΛΙΣΙΣ) – *KATO PANKRATIION (KELESES)*

Down Pankration (rolling) – ground Pankration

### ΠΟΛΥΔΑΜΑΣ - *POLYDAMAS*

Demo event between 3 armed *Pankratiasts* against 1 unarmed *Pankratiast*.

### ΠΑΛΛΙΣΜΑΤΑ – *PALAESMATA*

Demo event between two *Pankratiasts*

### ΠΑΛΛΙΣΤΡΑ – *PALAEISTRA*

Agonistic area of *Pankration*

### ΕΝΔΥΜΑ- *AENDEMA*

*Pankration* uniform

### ΕΡΡΩΣΟ - *ERROSO*

Salute to the opponent's good health when the match starts or when the separation occurs.

### ΕΡΡΩΣΘΕ – *ERROSTHE*

Same salute as above for two or more people

### ΑΝΤΙΑΘΛΗΤΙΚΟΝ - *ANTATHLETIC*

Infringement–incorrectness during fighting

### ΕΤΟΙΜΗ – *AETEME*

Ready

### ΑΡΞΑΣΘΕ – *ARXASTHAE*

Start the match

### ΠΑΥΣΑΣΘΕ – *PAFSASTHAE*

Stopping, interrupting the match.

### ΕΛΛΑΝΟΔΙΚΗΣ-*HELLANODEKES.*

*Hellanodekes*

### ΕΛΛΑΝΟΔΙΚΙΑ-*HELLANODEKEA*

Refereing

### ΣΩΜΑ ΕΛΛΑΝΟΔΙΚΩΝ-*HELLANODEKEA BODY*

Refereing Body

### ΑΓΩΝ-*AGON*

Match-fight

### ΑΓΩΝΕΣ-*AGONES*

Matches-fights

### ΡΑΣΣΕΙΝ-*RASSEN*

Throws - Throwing